



# WAYS TO COPE WITH STRESS AND ANXIETY

DO STUFF THAT FEELS GOOD



Paint

Watch a  
Movie



Listen to  
Music



Dance

Read a  
Book



RESTORE MINDFULLY



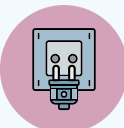
Do Yoga

Breathe



Journal

Go  
Outdoors



Unplug

BUILD UP HEALTHY HABITS



Exercise



Eat  
Healthy



Walk



Drink  
Water

Get  
Enough  
Sleep



ASK FOR HELP



Talk to a  
Teacher



Talk with a  
Parent



Talk to a  
Friend



Talk to a  
Trusted  
Adult

Call a  
Helpline





# YOUTH SUPPORTS



## **Suicide Crisis Helpline**

Phone/Text (24/7):  
9-8-8

## **Kids Help Phone**

Phone (24/7):  
1-800-668-6868  
Text (24/7):  
686868

Online Information:  
<https://kidshelpphone.ca>

## **Mental Health Helpline**

Phone/Text (24/7):  
1-877-303-2642

## **Rural Distress Line**

Phone or Text (24/7):  
1-800-232-7288

## **ConnecTeen**

Phone (24/7):  
1-403-264-8336  
Text (24/7):  
1-587-333-

Online Information:  
<https://calgaryconnecteen.com/>

## **Hope for Wellness Helpline (Indigenous Support Line)**

Phone or Text (24/7):  
1-855-242-3310

Online Chat (24/7):  
<https://www.hopeforwellness.ca/>

## **Trans Lifeline**

Phone (11 AM - 7 PM/Mon-Fri):  
1-877-330-6366

## **Brite Line (2SLGBTQIA+ Support Line)**

Phone (24/7):  
1-844-702-7483

## **Addictions Helpline**

Phone or Text (24/7):  
1-866-332-2322

## **Child Abuse Hotline**

Phone (24/7):  
1-800-638-0715

## **Online Supports**

<https://behindthehaze.ca/>  
<https://mykickstand.ca/>  
<https://www.youthsmart.ca>

## **Family Violence & Bullying Helpline**

Phone or Text (24/7):  
310-1818

Online Chat (24/7):  
<https://www.alberta.ca/family-violence-find-supports>

## **Central Alberta Sexual Assault Support Centre**

Phone or Text (24/7):  
1-866-956-1099

Online Chat (24/7):  
<https://www.casasc.ca>

## **Alberta's One Line for Sexual Violence**

Phone or Text (9 AM - 9 PM/Daily):  
1-866-403-8000

Online Chat (9AM - 9PM):  
<https://aasas.ca/get-support/>

## **49 Street Youth Shelter**

Phone (24/7):  
403-341-3190  
Text (24/7):  
403-358-1517

**FOR EMERGENCIES CALL 9-1-1**